



11 - 17 March 2019

Safer Sleep Week



Safer sleeping

Sudden Infant Death Syndrome (SIDS) is the sudden and unexpected death of a baby where no cause is found. While SIDS is rare, it can still happen and there are steps parents can take to help reduce the chance of this tragedy occurring.

You should try to follow the advice for all sleep periods where possible, not just at night.

Things you can do...

- ✓ Always place your baby on their back to sleep.
- ✓ Keep your baby smoke free during pregnancy and after birth.
- ✓ Breastfeed your baby.
- ✓ Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months.
- ✓ Use a firm, flat, waterproof mattress in good condition.

Things to avoid...

- ✗ Never sleep on a sofa or in an armchair with your baby.
- ✗ Don't sleep in the same bed as your baby if you smoke, have drunk alcohol, have taken drugs or medication or are extremely tired, or if your baby was born prematurely or was of low birth weight.
- ✗ Avoid letting your baby get too hot.
- ✗ Don't cover your baby's face or head whilst sleeping or use loose bedding.
- ✗ To avoid accidents remove all pillows, cot bumpers and soft toys from the cot

Call: 0808 802 6869
Email: info@lullabytrust.org.uk
Visit: www.lullabytrust.org.uk



Bed-sharing safety tips



Keep the space around your baby clear of pillows and duvets

Avoid letting pets or other children in the bed

Always sleep baby on their back

Never bed-share if your baby was born prematurely or a low birth weight

Never bed-share if you or your partner have drunk alcohol, smoke or taken medication that makes you drowsy



SOFAS ARE NOT SAFE FOR SLEEPING BABIES



Sleeping on a sofa with your baby increases the risk of Sudden Infant Death Syndrome by up to 50 times

Learn how to give your baby the safest possible sleep at www.lullabytrust.org.uk/safersleep or call 0808 802 6868



Safer Sleep Week

Get Involved!

11 - 17 March 2019

There are lots of ways to get involved
with Safer Sleep Week!

We can only continue to reach families and health professionals with our vital safer sleep advice with the support of our amazing fundraisers. Below are a few of our favourite ideas for how you can help this Safer Sleep Week.

Hold a coffee morning

Organise a coffee morning in your local community or workplace and ask for donations for a cake and a cuppa. You could provide a selection of [safer sleep leaflets](#) for people to take away.

Put out a penny pot

Create a display of our [safer sleep materials](#) and pop a collection box nearby so that passersby can donate easily. Email fundraising@lullabytrust.org.uk or call 020 7802 3201 to request a collection box.

Spot the risk game

Print out a large version of our [Spot the Risk game](#) and ask for donations to play. Offer a small prize such as a sweet to those that get all the answers right!

Pyjama Day

If you're holding your Safer Sleep Week event at your workplace or school, have a dress down day with a difference! Ask for donations for everyone to wear their pyjamas or onesies for a day.

Got any questions? Contact our fundraising team on 020 7802 3201 or email fundraising@lullabytrust.org.uk – we can't wait to hear your plans!



The Lullaby Trust
11 Belgrave Road
London SW1V 1RB
Registered charity number: 262191



Safer sleep for babies

Things you can do



- ✓ Always place your baby on their back to sleep



- ✓ Keep your baby smoke free during pregnancy and after birth



- ✓ Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months



- ✓ Breastfeed your baby



- ✓ Use a firm, flat, waterproof mattress in good condition



Things to avoid



X Never sleep on a sofa or in an armchair with your baby



X Don't sleep in the same bed as your baby if you smoke, drink or take drugs or if your baby was born prematurely or was of low birth weight



X Avoid letting your baby get too hot
X Don't cover your baby's face or head while sleeping or use loose bedding

You should follow the advice for all naps, not just for night time sleep

Sudden Infant Death Syndrome (SIDS) is the sudden and unexpected death of a baby for no obvious reason and although we don't yet know how to completely prevent SIDS, it is possible to significantly lower the chances of it happening by following the advice.

You can also talk to your midwife or health visitor if you have any questions or concerns or get in touch with us

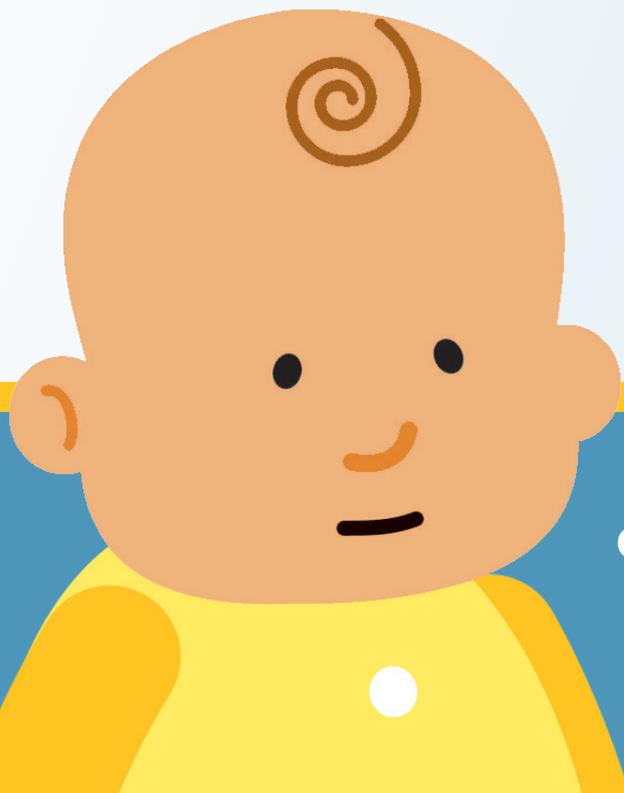
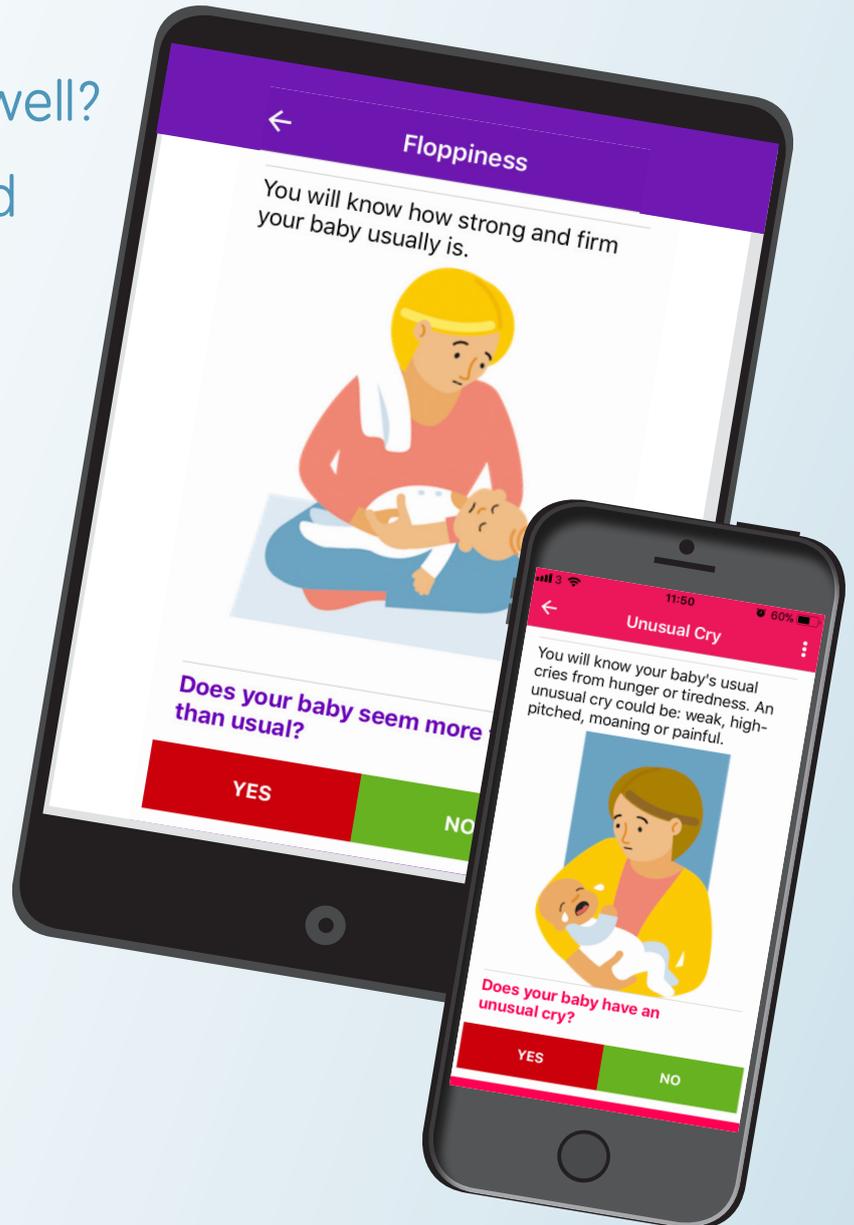
Email: info@lullabytrust.org.uk

Telephone: 0808 802 6869

Website: www.lullabytrust.org.uk

Baby Check

- Is your baby very unwell?
- Does your baby need to see a doctor?
- **The FREE Baby Check App will help you decide.**



Download Baby Check App for free
on Google Play and in the App Store.



The ABCs of Safer Sleep



Always sleep
your baby...



...on their
back...



...in a **clear** cot or
sleep space.

(free of bumpers, toys, pillows and loose bedding)

Safer sleep for baby, sounder sleep for you

Following the ABCs for every sleep day and night will help to protect your baby from Sudden Infant Death Syndrome (SIDS) giving you the peace of mind to enjoy this special time.



For support and advice on sleeping your baby safely The Lullaby Trust can help

Visit: www.lullabytrust.org.uk

Contact us on: 0808 802 6869

Email: info@lullabytrust.org.uk

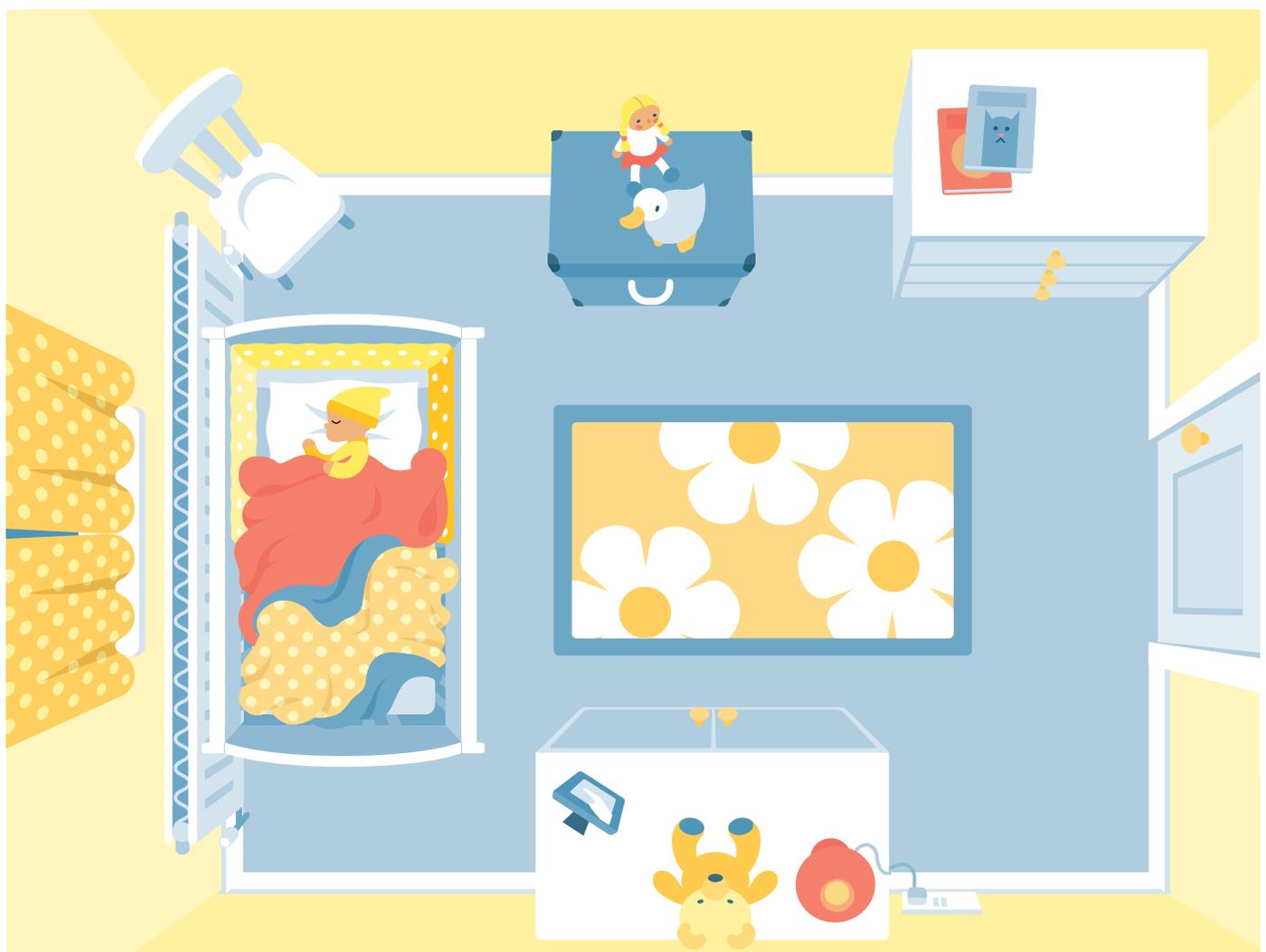


Spot the Risks



Can you spot 8 things in this picture that may increase the chance of Sudden Infant Death Syndrome?

Is your baby sleeping as safely as possible? This picture shows a baby aged between 1 month and 6 months asleep. Can you identify eight things about the room, cot or the way the baby is sleeping that may increase the chance of Sudden Infant Death Syndrome?



Did you spot all 8?

- 1 Nursery.** The baby is in his own room. The safest place for your baby to sleep for the first six months is in a cot or Moses basket in the same room as you.
- 2 Side Sleeping.** It is important that you always put your baby on their back as part of their regular sleep routine – never on their front or side.
- 3 Feet-to-foot.** Place your baby with their feet to the foot of the cot, so they can't wriggle under the covers or you can also use a baby sleep bag.
- 4 Bedding.** The blankets in the cot are loose. It can be dangerous if your baby's head gets covered when they sleep.
- 5 Pillow.** If your baby is under one year old never use a pillow, quilt or duvet.
- 6 Hat.** Babies need to lose excess heat from their heads so remove hats and extra clothing as soon as you come indoors even if it means waking your baby.
- 7 Dummy.** There is no dummy being used which when routinely used can reduce the chance of SIDS. Remember to use every time you settle baby to sleep day and night.
- 8 Radiator.** Babies should never sleep next to a radiator or in direct sunlight to avoid overheating.

The picture also shows:

Cot Bumpers. We do not recommend cot bumpers. Cot bumpers can pose the risk of an accident when your baby becomes mobile. A simple mattress in your cot with no loose bedding or bumpers is the safest sleeping place for a baby.

Smoking. The picture doesn't show parents smoking near the baby, but this is a major risk for SIDS. Keep your baby as smoke free as possible and never share a bed with your baby if you or your partner smokes.

The Lullaby Trust, 11 Belgrave Road,
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Email: office@lullabytrust.org.uk

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The Correct Sleeping Environment

